



ARROZ & FRIJOLES

Del Reals' Arroz y Frijoles Combo has both an authentic Mexican flavor and is versatile. Our Arroz is prepared by simmering long grain rice in a delicious tomato bouillon giving it that traditional Mexican taste. Our Frijoles Refritos are made using pinto beans and are prepared using traditional cooking methods. Del Reals' Arroz y Frijoles is the perfect combo to any meal.

**GLUTEN
FREE**

**0g
TRANS FAT
PER SERVING**

**HEAT & EAT
3
MINUTES IN
MICROWAVE**

INGREDIENTS

BEANS: Water, Pinto Beans, Lard, Salt, Onion.

RICE: Water, Rice, Canola Oil, Tomato Puree (Tomato Concentrate, Salt), Tomato Bouillon (Salt, Tomato Powder, Cane Sugar, Organic Maltodextrin, Corn Oil, Corn Starch, Carrot Extract, Garlic Powder, Distilled Vinegar, Onion Powder, Natural Flavor, Parsley), Onion, Salt.

NUTRITION FACTS

About 4 servings per container
Serving Size: 1/2 cup (130g)

Amount per Serving	
CALORIES	180
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 470mg	20%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 2mg	10%
Potassium 465mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

NUTRITION FACTS

About 2 servings per container
Serving Size: 1 cup (140g)

Amount per Serving	
CALORIES	220
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 750mg	33%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 36mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

COOKING INSTRUCTIONS

MICROWAVE

1. Remove paper sleeve. Leave 1 pouch in tray. In a microwave safe tray/plate heat on high for 1 minute, then carefully rotate the pouch ½ turn, puncture 4 small holes in the pouch, and cover with a paper towel.
2. Heat on high an additional 1 minute until center is hot (165°F). Let stand for 2 minutes.
3. Open bag carefully, and empty contents into serving tray.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

STOVETOP

1. Remove paper sleeve from tray.
2. Warm medium size saucepan and add cooking spray.
3. Open bag and place contents into saucepan at medium flame until the product is hot (165°F). (Stir occasionally).